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Member/Guest Services Office Hours
Monday - Thursday 8 am - 6 pm
   Fridays 8 am - 5 pm
   Phone (616) 355-5120

Fitness Hours
Monday - Thursday 6 am - 8 pm
   Fridays 6 am - 5 pm
   Saturday 8 am - 2 pm

Common Grounds Coffee Shop
Monday- Thursday 8 am - 4 pm
   Friday 8 am - 2 pm

Resource Office Hours
Monday - Thursday 9 am - 3 pm
   Phone (616) 355-5118

Day Center Hours
Monday - Friday 7:30 am - 4:30 pm

Parkinson’s Awareness Month

Evergreen Commons recognizes Parkinson’s Awareness Month! This is an excellent opportunity to spread the word about Parkinson’s Disease. We want to share the impact it has on those with the disease, families and care partners. Because we care, the week of April 22, Evergreen Commons opens its extensive Parkinson’s programming for all to participate with a finale on Friday, April 26th. Space is limited in some activities, so we ask that if you are a new attendee to a class, please register in advance at the Member Guest Services desk. Pick up a schedule and activity card beginning Monday, April 1st. Fill out the card for each activity you participate in throughout the week of April 22 for a chance to have your name drawn for a prize.

Spring Fundraiser Luncheon

You are invited to join us for an informative luncheon celebrating the many ways that Evergreen Commons impacts over 5,000 older adults in our community each year. While there is no charge for you to attend this fundraising event, there will be opportunity to financially support the mission of Evergreen Commons at this lunch.

DATE: Thursday, April 18th
TIME: Registration 11:30 – Noon
       Lunch & Program 12:00 – 1:00 pm

RSVP needed to attend. To register please call Melissa at 355-5122 or email wesolekm@evergreencommons.org before April 8th.
Board of Directors
Al McGeehan ...........................................Chair
Barb DePree .......................................Vice Chair
Marcia Elgersma ....................................Secretary
Greg Bego ............................................Treasurer
David Knibbe .......................... President/CEO
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Christian Wierda ..........................Life Enrichment & Community Relations
Amy Millard ...........................Development
Jane VanDenBeldt ................................Finances & HR
Jo Verbeek ..................Day Center & Care Services
Amy VandePoel ..........................Sports & Fitness
Joe DeVette .............................................Facilities
Suzanne Visser .......Care Coordinator & Resources

Leadership Team
Dave Knibbe ..................President/CEO
Melissa Wesolek .....................Development
Amy Millard .............................Life Enrichment & Community Relations
Jane VanDenBeldt ..................Finances & HR
Jo Verbeek ..........................Day Center & Care Services
Amy VandePoel ..........................Sports & Fitness
Joe DeVette .............................................Facilities
Suzanne Visser .......Care Coordinator & Resources

A common greeting of “How are you?” led to a discussion of the many disasters and traumas that were occurring around the world. By the time we were done talking we were both fatigued by the sheer expanse of it all.

Since the advent of the 24/7 world-wide news cycle and the recent ability of everyone being able to communicate by employing social media, we can become inundated and overwhelmed by negative news trauma. According to Susanne Babbel, a psychotherapist specializing in trauma recovery; “Our brains are hardwired to process stress relating to trauma by entering what is known as ‘fight, flight, freeze’ mode before returning to a restful state. Every time we experience or hear about a traumatic event, we go into stress mode. Constant exposure to trauma can derail our ability to cope healthily and hinder our ability to return to a relaxed state.”

A key to enhancing one’s well-being is to minimize stress in one’s life. It’s important not to overburden your nervous system with trauma. If too much negative news is affecting your health and relationships, it is time for a change. Maybe, setting a limit on how much news or specific social media you consume in a day could be a good start. Less news trauma could be a good way of getting your mind back to a relaxed state.

In the end, it takes persistent effort to enhance one’s well-being and Evergreen Commons is committed to join you in this effort.

Grace and Shalom,

“No News is Good News Month”

The fitness center is going “news free TV”! Destress and enjoy a healthier environment free of consistently negative or politically charged content during the month of March! Instead, tune into your mind and body and focus more attention on different aspects of your workout; your perceived exertion, form, breathing and timing. Celebrate your efforts towards improved health!

“There isn’t time, so brief is life, for bickering’s, apologies, heart-burnings, callings to account. There is only time for loving, and but an instant, so to speak, for that.”

~ Mark Twain
We are pleased to announce Evergreen Commons March 2019 Volunteer of the Month: Ila Yonker!

Ila has been volunteering with us for 12 years. She has become an expert in each duty as a volunteer. Ila is a good companion to all of the participants and has a great sense of humor. We are so thankful to have Ila on our volunteering team and congratulate her on being chosen as Volunteer of The Month!

We are pleased to announce Evergreen Commons March 2019 Volunteer of the Month: Laurel Dokter!

Laurel has been a MMAP (Michigan Medicare/Medicaid Assistance Program) volunteer at Evergreen Commons since 2008. She has experience as a nurse and was the Medication Management Nurse for Evergreen Commons for many years. She took this experience with her when she became a MMAP volunteer and finds fulfillment in helping others navigate their many options. This desire to help others in our community does not go unnoticed and we thank her for all that she has done and continues to do! Thank you Laurel!

**Concert of Sacred Music**

**Sunday • March 3**

3:00 pm

First Reformed Church,
630 State Street • Holland, MI

If you’ve enjoyed listening to The Evergreen Chorale in the past, you should mark your calendars for their concert of sacred music on March 3. Their performance will include various styles of sacred music and favorite hymns. The Evergreen Chorale will be accompanied by piano, organ, violin, percussion and penny whistle. The concert is open to the public without charge. A free-will offering will be taken.

**Volunteer 411**

Are you wondering what volunteering at Evergreen Commons is like? Join Viola Jackson-Cleveland for a discussion on the benefits of volunteering as well as current and future volunteer opportunities. We will also highlight Volgistics-our volunteer database and how to navigate the system to view schedule, open shifts, and log hours from home. The orientation benefits both new and experienced volunteers who would like more information on what we have to offer. Anyone interested please call or email Viola to RSVP at 355-5128 or jacksonv@evergreencommons.org

**Tuesday • March 19 • 3-3:45 pm**

**FREE**

Study Hall
### Life Enrichment

#### Arts & Crafts

**Coffee, Cookies & Canvas**

Coffee, Cookies & Canvas is a fun “make and take” painting class. Haven’t picked up a paintbrush since Kindergarten? No problem! This class will offer you guided instruction to create a masterpiece. Gather a friend or family member and let your inner artist shine in this fun, relaxed class. No painting experience needed. All materials included, refreshments provided.

- **Tuesday • March 19 • 1 - 4 pm**
- $30 member • $35 non-member

**Greg Ellis • Art Studio**

#### Intermediate Watercolor Painting

Enjoy the camaraderie of fellow artists as instructor Kathy VanTubbergen helps you develop your style and improve your composition and watercolor painting technique in this class. Work on your own project or try something new. You should have some watercolor experience to participate. This is an ongoing class and you may come when you are able, but you must purchase a punch card prior to attending class.

- **Mon. • 12:30-3:30 pm**
- $40 punch card for 4 classes member
- $52 punch card for non-member

**Kathy VanTubbergen • Art Studio**

#### Open Coloring Studio

All materials provided.

- **Tues. • 10:30 am-12 pm**
- $2 member • $5 non-member per session

**Barb Pickard • Art Studio**

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#### Class Registration

You must pre-register and pay for all classes at our Member/Guest Services desk. Phone registration at (616) 355-5120 is accepted with credit card payment only. Refunds must be requested no later than five business days prior to first class. All classes require a minimum number of students. If Evergreen Commons cancels a class, your payment will be fully refunded. Questions? Call Barb Visser (616) 355-5136.

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#### Dance

**Inter./Adv. Tap Dance**

Take your tap dancing skills to the next level!

- **Tues. • April 16 - May 22 • 3:45-4:30 pm**
- $36 member • $48 non-member

**Carly Van Eck • Dance & Music Studio**

#### Belly Dancing

Belly Dancing firms and sculpts your muscles, promotes weight loss and helps reduce stress all while you are having fun! All you need is a belly and a long scarf to tie around your hips to enjoy this exercise form done to the happy music of tribal dance. Instructor Cheryll Lynn will have you giggling and jiggling your way to a healthier you! (8 week class)

- **Thurs. • Mar. 14 - May 2 • 10 - 11:00 am**
- $56 member • $72 non-member

**Cheryll Lynn • Typing Room**

#### Ballroom Dance Class

Beginners and Advanced students will be learning the Quick Step. Cost includes attendance at our April 29 Ballroom Dance Party.

- **Monday • Mar. 11 - April 22 and April 29 Dance Party**
  - 7:00 pm Beginners
  - 7:40 pm Open Dance
  - 8:00 pm Advanced

**$53 member couple • $69 non-member**

**Cheri and Milt Bos • Auditorium**
**Ballet**
Ballet uses music and dance to sculpt and strengthen every muscle while improving your posture and flexibility. No tutus or tights needed! Just come dressed in comfortable clothes with stocking feet. Instructor Cheryll Lynn, founder and longtime staff member of The Grand Rapids School of Ballet, will use Barre work, stretching and simple dance combinations to give you a new “attitude” toward fitness. (8 week class)
Mon. • Mar. 11 - April 29 • 1:15-2:15 pm
$56 member • $72 non-member
Cheryll Lynn • Fitness Studio

**Music**

**IncrediMusic**
IncrediMusic™ is a unique guided music teaching system, where you can learn at your own pace. Neuroscientists are finding unbelievable research showing the value of playing an instrument for brain health. With simple instruments and an easy to learn music system, you will be playing songs quickly no matter what your level is! IncrediHarp™ or IncrediDulcimer™ will be provided for the 6-week class.
Thurs. • Mar. 14-April 18 • 1:30-2:30 pm
$60 member • $72 non-member
Christopher Trainor • Study Hall

**Weekly Jam Sessions**
We have an exciting opportunity for you! We are having Thursday afternoon jam sessions in our coffee shop. The first half hour is “Easy Jam,” giving beginners a chance to play easy songs. Then we’ll kick up the tempo for the last hour. Bring your own instrument. Musicians will take turns picking songs for the group to play. Everyone is welcome. Don’t play an instrument? Come anyway and enjoy the toe tapping sounds. Music is a lot of fun when you share it with others!
Thursdays • 3:00-4:30 pm • FREE!
Christopher Trainor (Leader) Coffee Shop

**Language**

**Foreign Languages**
We offer French, German and Spanish. For dates, times, and prices, please contact Barb Visser at 616-355-5136.

**Spiritual**

**Faith Lessons**
Join our Bible study series on the Gospel of Luke. Even if you can’t come each week, you won’t want to miss the Biblical insight and humor that Pastor Karen of New Life Nazarene Church in Holland brings to this group.
Wednesdays • 1-2 pm
Free for members
$5 Enrichment Daily Pass for non-members
Pastor Karen Lavrack • Seminar Room

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Thursdays • 3:00-4:30 pm • FREE!
Christopher Trainor (Leader) Coffee Shop

**Writing Workshop**
This 5-week creative writing class will offer an opportunity to find your inner author. Prompts will be given, and after a short time of writing, students will share their work and the class will respond. Have fun, get encouraged, find your voice, and end up with a small portfolio of your work.
Bring a pen and notebook.
Wed. • Mar. 27-April 24 • 9:30-11:30 am
$75 member • $90 non-member
Agnes Fisher • Art Studio

**Spiritual**

**Faith Lessons**
Join our Bible study series on the Gospel of Luke. Even if you can’t come each week, you won’t want to miss the Biblical insight and humor that Pastor Karen of New Life Nazarene Church in Holland brings to this group.
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Thurs. • Mar. 14-April 18 • 1:30-2:30 pm
$60 member • $72 non-member
Christopher Trainor • Study Hall

**Piano Lessons**
Tues. & Weds. •10:30 am -5:00 pm
$16 ½ hr. member
$17 ½ hr. non-member
Marva Ripley • Teacher’s Lounge Call Marva at 616-786-2427 (home) or 616-886-9128 (cell) to schedule your lesson.

**Language**

**Foreign Languages**
We offer French, German and Spanish. For dates, times, and prices, please contact Barb Visser at 616-355-5136.

**Spring Fling**
**Ballroom Dance**
at Evergreen Commons
Saturday, April 13
7 - 10 pm
$10 per member
$15 per non-member
with music by Pacific Lite
Reservations and payment must be made by Thursday, April 11. Visit the Member/Guest Services desk or call (616) 355-5120.
Please bring an appetizer or snack to share. Semi-formal attire please.
**Technology**

**Individualized Instruction**
Instructor Scott Welsh will cover what you want to know during one-on-one sessions, at your pace, and at your skill level. Bring your own computer, tablet or phone, login information and passwords. Call 355-5120 to make an appointment.

**Tech Wednesday**
Bring your device, passwords and your questions. Volunteer Peg Helmink will do her best to assist you with cell phones, laptops, iPads and more. This is a free service available for Evergreen Commons members only.

**Evergreen Commons Orientation**
Learn about Evergreen Commons, its programs, services and how you can become involved. An optional tour will follow the orientation. Refreshments will be served. Please reserve your seat at the Member/Guest Services desk or call (616) 355-5120.

**Cribbage Starting!**
Mondays • 1-3 pm • Game Room
Free for Evergreen Members
$5 Enrichment Day Pass for non-members


**Gardening: Sprouting Seeds**
It may still be winter, but spring is just around the corner. That means it’s time to plant seeds indoors if you hope to have them ready when it’s time to start your garden. Join Scott Welsh, longtime Evergreen gardener, for tips about starting and saving seeds and other garden topics. Get information about renting a garden plot in our Evergreen Commons Garden. You can also bring seeds with you for a seed exchange. Reserve a seat by calling 355-5120.

**Becoming a reACTOR**
Do you like to have fun? Do you like to laugh and make others laugh? If you answered “yes” to both questions, then becoming a member of The Commons reACTORS is just what you need to do. It’s right where you belong.

Our skits are short and funny and do not require memorization. It’s all FUN! Come see for yourself. We just started our 11th season, and meet every Thursday from 3-5 pm in the Study Hall. Because we are a program of Evergreen Commons, you do need to join Evergreen Commons to be part of our performance group.

We look forward to welcoming you and showing you how much FUN you will have and you will share. If you have any questions about the reACTORS, please call Marie at (616) 392-1209.
You must be a current member of Evergreen Commons to participate in these free Games & Clubs. Call contact numbers for additional information. Non-members can purchase a $5 Enrichment Day Pass. For questions or to learn one of these games, call Barb Visser at 355-5136.

Games

500 Card Game
   Tuesdays • 12:45-3:00 pm
   Game Room

Bingo (Grocery)
   Tuesdays • 2-4 pm
   Prizes provided by: Family Fare
   Dining Room

Bingo (Lunch Pass)
   Thursdays • 9-10:30 am
   Dining Room

Bridge—Singles welcome!
   Tuesdays & Thursdays • 9-11:30 am
   Game Room

Cribbage
   Mondays • 1-3 pm
   Game Room

Duplicate Bridge
   Mondays • 9 am-12:30 pm
   Wednesdays • 5:30-8:30 pm
   Game Room • Contact Neil (616) 399-7948

Euchre
   Mondays • 9:45-11:45 am
   Home Ec Room
   Thursdays • 6:30-8:30 pm
   Game Room

Hand & Foot
   Thursdays • 12:30-4 pm
   Game Room

Mahjong (National League)
   Wednesdays • 9 am-12 pm
   Game Room

Mahjong (Jerry Version)
   Wednesdays • 9:30-11:30 am
   Game Room

Pinochle
   Wednesdays & Fridays • 12:30-4:00 pm
   Game Room

Scrabble
   Thursdays • 1-3:30 pm
   Dining Room

Spades
   Mondays • 12:30-3:30 pm
   Game Room

Wii Bowling
   Sponsored by: Assisted Living Center
   1st, 2nd, 4th & 5th Mondays • 1-2 pm
   Seminar Room

Clubs

Book Club
   1st Tues. of each month • 2:30–3:30 pm
   Home Ec Room

Clogging Club
   Mondays • 3:30-4:30 pm • Sept.-May
   Dance/Music Studio • Royetta Doe (419) 392-4895

Creative Crochet & Knitting Club
   Tuesdays • 9:30-11:30 am
   Home Ec Room

Knit 2gether Club
   2nd & 4th Thurs. • 12:30-2:30 pm
   Home Ec Room • Katie Stroop

Let’s Talk Tiger Baseball & Other Sports
   Tuesdays • 9-10 am
   Art Studio • Will Lewis (616) 928-4248

Machine Knitting Club
   4th Wed. of each month • 12:30-2:30 pm
   Study Hall • Michelle (616) 843-7479

Memoir Writing Club
   2nd & 4th Fri. • 1–2:30 pm
   Board Room • Kerry (616) 510-5665

Quilting Club
   1st Thurs. of each month • 10 am-2 pm
   Home Ec Room • Mary Voss (616) 396-2013

Performance Groups

Share your talents in one of our performance groups. You must be a member of Evergreen Commons to participate, and there is no cost to be part of these groups. For questions or to book one of these groups, contact the person listed.

Evergreen Singers
   Wednesdays • 10-11 am • Mar.- Oct.
   Dance & Music Studio • Phil (616) 393-6005

Evergreen Commons Handbell Choir
   Thursdays • 11 am-12 pm • Sept.-May
   Art Studio • Mary Van Voorst (616) 786-2272

Evergreen Commons Dutch Dancers
   Mondays • 10-11 am • Mar-April, Sept.-Nov.
   Auditorium • Doris (616) 820-9904

The Evergreen Chorale
   Tuesdays • 4-6 pm • Sept.-May (off in Jan.)
   Seminar Room • Kerry (616) 355-5158

The Commons reACTORS
   Thursdays • 3-5 pm • all year
   Study Hall • Marie (616) 392-1209

Noteblenders Harmonica Band
   Tuesdays • 9-10 am • May - October
   Dance & Music Studio • Laverne (616) 298-9006
Pickleball

*For fees and information call Erin Aardema at 355-5129.

Mon. 12:15–1pm  Beginning-Novice Play
1:00-2:00pm Beg.-Novice Play (West court)
1–5pm All Levels Play

Tues. 12-7:30pm All Levels Play

Wed. 11–1pm Intro to Play & Beg.-Novice Lessons
1-2pm Beg.-Novice Play (East Court)
1-2pm Intermed. Play (Middle Court)
1–5pm Advanced Play (West Court)
2-5pm Intermed. Play (East & Mid Courts)
5-7:30pm All Levels Play (1st, 3rd, 5th Wed.)

Thur. 12-2pm Men’s Adv. Play (East court)
Women’s Adv. Play (West court)
Overflow Adv. Play (Middle court)
2–5pm Advanced Play
5-7:30pm All Levels Play

Fri. 11am-1pm Intro to Play & Beg.-Novice Lessons
1-2pm Beg.-Novice Play (East Court)
1-2pm Intermed. Play (Middle Court)
1-4pm Advanced Play (West Court)
2-4pm Intermed. Play (East & Mid Courts)

Sat. 9am-1:30pm All Levels Play

When attending Lessons and Intro to Play, please arrive 5 min. before the start of the lesson.

• Intro to Play: New to Pickleball? Join us for Intro to Play to see if this is the game for you! Focus on safety and getting the feel for the ball.

• Beginning-Novice Lessons: Learn simple strategies & skills and game basics.

*Pickleball schedule is subject to change due to holidays, events, and/or maintenance.

Fitness Classes

Cardio and Strength Conditioning Classes

Enhance Fitness ★★
Mon., Wed., Fri. • 8:45-9:45 am
Auditorium

Body Flex ★★★
Mon. & Thurs. • 4:15-5:00 pm
Seminar Room

Boot Camp Express ★★★
Tuesday • 9:00-9:30 am
Seminar Room

Zumba Gold (cardio dance fitness) ★
Tuesday • 9:15-10:00 am
Friday • 10:00-10:45 am
Auditorium

Strength Circuit ★★★
Wednesday • 8:00-8:30 am
Thurs. • 10:30-11:00 am
Seminar Room

Core 30 ★★
Tuesday • 9:35-10:05 am
Seminar Room

Cardio Core ★★★
Thursday • 9:15-10:15 am
Auditorium

Cycling Classes

Pedaling for Parkinson’s Spin Class ★★
Tues., Thurs., Fri. • 8:00-9:00 am & 9:00-10:00 am
Fitness Studio

Spin Class ★★★
Tuesday, Thursday & Friday • 7:00-7:45 am
Fitness Studio

S3: Spin, Strength & Stretch ★★
Monday & Friday • 10:30 – 11:30 am
Fitness Studio

E-Z Spin & Sculpt ★★
Wednesday • 11:15 am-12:00 pm
Fitness Studio

A Premium Fitness Package or a Fitness Day Pass is needed to take Fitness Classes.

Fitness Class & Program Guidelines!
To help you determine if a class or program is right for you, please use the following guidelines:

★ Easy. Mild intensity, designed for those just getting started in fitness. A chair is often used as an aid for balance and support.

★★ Moderate. The cardio classes/programs will be faster-paced and may involve more choreography. One should be able to get down on the floor with relative ease.

★★★ Challenging. Format and intensity of the class/program is designed for the more advanced exerciser.
The STRIDERS

**Saturday Trek**

Saturday March 16, Holland St Patrick's Day parade
Line up 11:40 am NE side of Civic Center

For fees and more information call Erin Aardema (616) 355-5129.

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**Weekly Walks**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Monday, March 4</td>
<td>4 pm</td>
<td>Evergreen entrance A</td>
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<tr>
<td>Monday, March 11, 18, 25</td>
<td>5 pm</td>
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<tr>
<td>Wednesday</td>
<td>9:30 am</td>
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<tr>
<td>Friday</td>
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**Mind /Body Classes**

- **Pilates 1/2**
  - Monday • 8:45-9:45 am
  - Seminar Room

- **Simply Stretch**
  - Monday • 8:00-8:30 am
  - Seminar Room

- **Chair Yoga**
  - Tuesday & Thursday • 1:30-2:30 pm
  - Seminar Room

- **Yoga 1/2**
  - Tuesday • 6:30-7:30 pm
  - Friday • 8:45-9:45 am
  - Seminar Room

- **Pilates Stretch**
  - Tuesday • 10:15-11:00 am
  - Seminar Room

- **Pilates Yoga Blend 1/2**
  - Wednesday • 8:45-9:45 am
  - Seminar Room

- **Yoga Stretch**
  - Thursday • 8:45-9:45 am
  - Seminar Room

- **Pilates Yoga Stretch**
  - Friday • 10:15-11:00 am
  - Seminar Room

**Chair-Based Classes**

- **Chair Exercise**
  - Mon. & Wed. • 10:00-10:45 am
  - Seminar Room

- **Balance & Stretch for Parkinson’s**
  - Mon. & Wed. • 10:15-11:10 am
  - Typing Room

- **Parkinson’s Exercise**
  - Tuesday & Thursday • 10:30-11:30 am
  - Auditorium

- **Chair Yoga**
  - Tuesday & Thursday • 1:30-2:30 pm
  - Seminar Room

- **Arthritis Foundation Exercise**
  - Tuesday • 1:15-2:00 pm
  - Fitness Studio
  - Friday • 11:15 am-12:00 pm
  - Seminar Room

- **Movement Matters**
  - Appropriate for people with Parkinson’s that have graduated from the LSVT BIG therapy program or other neurological conditions
  - Wednesday • 9-9:45 am
  - Dance & Music Studio

**Aquatic Classes**

- **Aquatic Arthritis**
  - Mon. & Thurs. • 2:30-3:15 pm
  - Pool

- **Aqua Combo 1/2**
  - Wednesday • 2:30-3:15 pm
  - Friday • 10:15-11:00 am
  - Pool

- **WaterWorks**
  - Tues. & Thurs. • 10:30-11:15 am
  - Pool

- **Cardio Waves 1/2**
  - Tues., Thurs., Fri. • 8:00-8:45 am
  - Mon., Tues., Wed., Thurs. • 9:15-10:00 am
  - Mon., Tues., Wed., Thurs. • 1:15-2:00 pm
  - Pool

- **Instructor's Choice 1/2**
  - Monday • 8:00-8:45 am
  - Saturday • 8:15-9:00 am
  - Pool

- **Aquatic Cardio Blast**
  - Wednesday • 8:00 - 8:45 am
  - Pool

- **HIIT H2O**
  - Mon. & Wed. • 6:30-7:15 pm
  - Friday • 9:15-10:00 am
  - Pool

**Open/Lap Swim**

- Mondays • 6-8am, 10:15am-1pm, 3:15-6:15pm
- Tuesdays • 6-8am, 11:20am-1pm, 3:15-7:30pm
- Wednesdays • 6-8am, 10:15am-1pm, 3:15-6:15pm
- Thursdays • 6-8am, 11:20am-1pm, 3:15-7:30pm
- Fridays • 6-8am, 11:00am-4:30pm
- Saturday • 9am-1:30pm
Fitness Programs

Nutrition Education Series

March Topic: Creating Your Own Personal Nutrition Plan
Join our new monthly nutrition workshops! This month find out why you eat what you eat and learn how to create your own personal nutrition plan. We will determine how many calories you burn based on your body type and how active you are daily, and then use that information to guide you in creating a nutrition plan that works best for you. Stay tuned and check your Courier monthly for our upcoming nutrition workshops!

Disclaimer** This does not replace advice or nutrition plans given by your health care provider or dietitian.

Thursday • 3:00-4:30 pm • March 14
$5 members • $15 non-members
One day Workshop • Seminar Room

AQUA DANCE BLAST! ★★★ NEW!
A fun, cardio-packed aqua dance workout! Aqua Dance Blast is an intensive fusion of aquatic dance and Tabata segments (high intensity, short duration intervals). Get fit with this total body workout that will get the heart pumping and the body jumping! Join this exhilarating pool party & sign up today! 45 min.
Tuesday • 2:15 pm • Begins March 12
$30 members • $40 non-members
4 weeks • Pool

Beginning Tai Chi ★
Tai Chi is an ancient Chinese martial art once used as a fighting form emphasizing strength, balance, flexibility, and speed. Tai Chi has evolved into a soft, slow, and gentle exercise form which can improve balance and posture, flexibility and coordination, better heart and breathing coordination, a heightened sense of awareness, providing an overall sense of well-being to the individual. This class is an introduction to the Five Elements and First Loop of the Yang Style Long Form. Sign up soon, space is limited. 60 min.

Thursday • 3:00-4:30 pm • March 14
$5 members • $15 non-members
8 weeks • Dance & Music Studio

Advanced Tai Chi ★★★
A step up to the next level after Beginning Tai Chi for those who are comfortable with their movement and practice of the Five Elements and First Loop of the Yang Style Long Form. This class continues developing the Five Elements and First Loop and includes the Second and Third Loops of the Long Forms, concentrating on the details and smoothness of the exercise. Completion of the Beginning class required. 60 min.
Tuesday • 11:15 am • Begins Mar. 19
$39 members • $59 non-members
8 weeks • Seminar Room

Moving with Parkinson’s ★
Embrace the therapeutic power of dance! Led by Attila Mosolygo, Grand Rapids Ballet School Director, with a chair for support and set to live piano music, you will express movement in creative and fun ways. Join anytime during the 20-week session—fees prorated and care partners no additional charge. Appropriate for those with Parkinson’s disease or other neurological challenges. Join anytime during the 20 week session. 45 min.
Monday • 11:15 am • Jan. 7 - May 20
$60 members • $100 non-members
20 weeks • Seminar Room

Feldenkrais ★
Would you like to learn to move more easily, more comfortably, or more gracefully? Are you looking to improve your balance, flexibility, or posture? Perhaps you would like to have less pain. The Feldenkrais Method® can help! Taught by Stacy Grill-Ewing, Certified Feldenkrais Practitioner, this series will be done on a mat on the floor. Assistance provided to help you get down to, and up from the floor, if needed. Wear loose, comfortable clothing. You may want to bring a towel or 2 for props. 60 min.
Monday • 2:30-3:30 pm • Begins Mar. 18
$39 members • $59 non-members
6 Weeks • Seminar Room

Program Registration
You must pre-register and pay for all fitness programs at our Member/Guest Services desk. Phone registration at (616) 355-5120 is accepted with credit card payment only. Refunds must be requested no later than five business days prior to first class. All programs require a minimum number of students. If Evergreen Commons cancels a program, your payment will be fully refunded. Questions? Call Amy (616) 355-5114.

Fitness Program Guidelines!
To help you determine if a program is right for you, please use the guidelines listed on page 8.

Nutrition Education Series

March Topic: Creating Your Own Personal Nutrition Plan
Join our new monthly nutrition workshops! This month find out why you eat what you eat and learn how to create your own personal nutrition plan. We will determine how many calories you burn based on your body type and how active you are daily, and then use that information to guide you in creating a nutrition plan that works best for you. Stay tuned and check your Courier monthly for our upcoming nutrition workshops!

Disclaimer** This does not replace advice or nutrition plans given by your health care provider or dietitian.

Thursday • 3:00-4:30 pm • March 14
$5 members • $15 non-members
One day Workshop • Seminar Room

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$30 members • $40 non-members
4 weeks • Pool

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$39 members • $59 non-members
6 Weeks • Seminar Room
March Fitness Update:

Alternative Zumba Gold Workouts in the Auditorium on March 22, 26, & 29 (no instructor available those dates)

Friday, March 22, 10:00 am - Fun with Friends and Functional Fitness!
- Join Marcie & Derek for an action packed interval workout!

Tuesday, March 26, 9:15 am - Low Impact Cardio Blast!
- 45 minutes of continuous low impact aerobics led by seasoned pro Karen Draeger!

Friday, March 29, 10:00 am - Low Impact Cardio Blast!
- 45 minutes of continuous low impact aerobics led by seasoned pro Karen Draeger!

*You must have a Premium Fitness Package or Fitness Day Pass to attend these classes.

St. Paddy’s Day Pool Tournament
Tuesday • March 19 • 9:00 am
$5 Entry Fee

Take a “break” from your daily routine and sign up now for the Evergreen Commons, St. Paddy’s Day Pool Tournament. All levels of players are welcome, but you must be an Evergreen Commons member to participate. It will be a double elimination format with two different divisions: Guppies and Sharks. Each person will be assigned to a division based on their skill level, and prizes will be awarded in both divisions. You must register and pay at the Member/Guest Services desk by Friday, March 15 to participate.

Pickleball Skills & Drills

Interested in refining some of your Pickleball skills? Come participate in drill sessions with 5.0 player Larry VanderRoest on the 4th Monday of every month! To sign up, please contact Erin Aardema at 616-355-5129 or aardemae@evergreencommons.org.

Open to Evergreen Commons Pickleball Members Only
Payment must be made by 6 pm the Thursday before the session. If payment has not been made by this time, you will be dropped from the reservation list.

4th Monday of the month • 3:30-5:00 pm or 5:00-6:30 pm
$12 per session

Parkinson’s Support Group

Topic: Prevent Falls and Maintain Balance with Parkinson’s
Speaker: Marcie Gove, Aquatics & Fitness Manager
Monday • Mar. 18 • 1 pm
Seminar Room • FREE

For more information regarding the Parkinson’s programs, please contact Erin Aardema at 355-5129.
Health Services

Assistance for meals in our Café is available to those 60 years and older living in Ottawa County. Please contact our Resource Office at 616-355-5118 for details.

Hearing & Hearing Aid Clinic

Beltone Hearing Centers and Comprehensive Ear & Hearing will be at Evergreen Commons to administer hearing screenings, clean and check hearing aids, check ears for wax blockage, and assess general ear health.
2nd & 4th Mondays • 1-2:30 pm
FREE • Study Hall • No Appointment needed

Caregiver Support Groups

Monthly support groups are offered:

• 2nd and 4th Tuesday; 12:30 - 1:30 pm
  The Day Center of Evergreen Commons
• 2nd and 4th Tuesday; 3:00 - 4:30 pm
  Christ Memorial Church in the Green Room
• 4th Tuesday; 3:00 - 4:00 pm
  Fellowship Reformed Church

These meetings provide an opportunity to talk and share with other caregivers who are going through or have gone through the same experience, a place to learn coping skills, saving you much trial and error, and most importantly assurance that you are not alone.

THE RESOURCE OFFICE IS MOVING!

We are happy to announce that the Evergreen Commons Resource Office will be relocating to the first floor. You will find it next to the Game Room.

The new location will provide better accessibility for members and guests. Please stop in to say “Hi” to Lyndsay and Linda. The Resource Office provides valuable information on Evergreen Commons’ programs and services as well as resources in the community. If a question pertains to older adults, then it’s appropriate! Commonly explored topics include senior housing options at all levels of care, medical alert buttons, in home care options, as well as referrals for legal counsel, veteran’s benefits, and funding assistance.

Free Blood Pressure Clinic

Kyle Roll and Hannah Millard, Pharmacist Interns from Ferris State University College of Pharmacy, will be conducting a free blood pressure clinic. High blood pressure is a controllable risk factor for heart attack and stroke. High blood pressure adds to the workload of your heart. If left untreated, over time your heart, kidneys, eyes, and brain may all be affected. You can control high blood pressure through healthy lifestyle habits and medication, if needed. The only way to know what your blood pressure numbers are is to have it measured. Stop by and get your blood pressure measured and ask questions.
Monday • March 11 • 10:00 am - Noon
FREE • Library

- Important Information -

Regarding the 2018 Income Tax Program

TAX RETURNS for 2018 will be processed by APPOINTMENTS ONLY!

Appointments can only be made by calling 616-355-5142 between 10:00 am-4:00 pm on Fridays.

2018 Tax Returns will be done on Mondays at 1st Reformed Church, located at 630 State Street, rather than at Evergreen Commons. For information and appointments call the number listed above. Please do not call the Church or Evergreen Commons because they do not have information regarding the Tax Program.
Movies & Travel

Wednesday Night at the Movies
6:00 pm • Auditorium
FREE for Evergreen Commons members • $5 non-members
(Must be 50 or older to attend)

Sponsored by:

March 13: The Bookshop
Even if you aren’t a bookworm you won’t want to miss this drama, set in England in 1959. Florence Green, a free-spirited widow, puts grief behind her and risks everything to open up a bookshop -- the first such shop in the sleepy seaside town of Hardborough, England. But this mini social revolution soon brings her fierce enemies: she invites the hostility of the town’s less prosperous shopkeepers and also crosses Mrs. Gamart, Harborough’s vengeful, embittered alpha female who is a wannabe of the local arts scene. Rated PG, 113 min.

March 27: Instant Family
When Pete (Mark Wahlberg) and Ellie (Rose Byrne) decide to start a family, they stumble into the world of foster care adoption. They hope to take in one small child but when they meet three siblings, including a rebellious 15 year old girl (Isabela Moner), they find themselves speeding from zero to three kids overnight. Now, Pete and Ellie must hilariously try to learn the ropes of instant parenthood in the hopes of becoming a family. INSTANT FAMILY is inspired by the real events from the life of writer/director Sean Anders and also stars Octavia Spencer, Tig Notaro and Margo Martindale. This wonderful movie is sure to make you laugh and cry! Rated PG-13, 117 min.

Air & Cruise Travel 2019
Washington DC - 4 day walking tour with flight June 20-24, $975
- Visit capitol, monuments, memorials and museums
Iceland Cruise - Call for air prices - Waitlist
- Amsterdam, England, Scotland, Iceland, Norway
  $3944 Balcony, $3544 oceanview $2944 inside
  Air approximately $1025 8/3-18, 2019
Mt. Rushmore, Yellowstone and Tetons - Sept. 27- Oct. 6, 2019
  $2260

Coach Travel 2019
Louisville, KY and the Biltmore House, Ashville,NC
  April 23 - 26, 2019
  $769.00 per person, Double Occupancy
“Jesus” - Sight & Sound Theatre, Lancaster PA & Museum of the Bible, D.C.
  May 13 - 17, 2019
  $869.00 per person, Double Occupancy
Rock & Roll Hall of Fame, Cleveland, OH
  May 29 & 30, 2019
  $279.00 per person, Double Occupancy
“Rolling Down the Mississippi River” - Dubuque, IA to Moline, IL
  June 18-21, 2019
Chicago Cubs Baseball – Chicago Cubs vs. New York Mets at Wrigley Field
  Friday, June 21, 2019
  $135.00 per member / $145.00 per non-member
“Singin’ in the Rain” - Wagon Wheel Theatre, Warsaw, IN - includes an Amish meal in Shipshewana, IN
  Thursday, June 27, 2019
  $100.00 per member/ $110.00 per non-member
New England Fall Fling - Vermont, New Hampshire, Maine & Massachusetts
  September 26 - October 3, 2019
  $2,229.00 per person, Double Occupancy. Includes airfare from Grand Rapids
Upstate New York & Vermont - Adirondack Mountains, Lake Placid, NY & Burlington, VT
  October 4 -10, 2019
  $1,999.00 per person, Double Occupancy. Includes airfare from Grand Rapids

For details on these trips, check out our travel flyers which are available by the relocated Travel Desk across from the Library.

Questions? Contact the Travel Desk at 355-5115.
Joyce / Air & Cruise Travel - Tuesday 9:30 a.m. - 1:00 p.m.
Gail / Coach Travel — Thursday 9:30 a.m. - 1:00 p.m.
Your Holland Neighborhood Grocery Stores
993 Butternut Drive & 1185 South Washington | Open 24 hours
Pharmacy Hours: 9am-9pm Monday through Friday, 9am-5pm Saturday and 10am-4pm Sunday
Fresh Produce • Fresh Floral • Wine and Craft Beers
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Anna Urick Duggins is an Elder Law Attorney and partner at Parmenter Law who specializes in helping clients coordinate services to meet a person’s changing needs over their lifetime. Our services are individualized and integrated, maximizing assets and quality of life through benefits and estate planning.

Anna Urick Duggins
Contact Anna: 231-722-5438
Anna@parmenterlaw.com

He’ll be more comfortable with Hospice.
Which is why you’ll be glad that you called.

Some people think that asking for hospice care means giving up or that someone is very near the end of life. But the truth is that patients who have been struggling with pain or other difficult symptoms typically find great relief since they are admitted to our hospice program — and often wish they’d called us sooner.

That’s because our Hospice of Holland experts know how to provide the specific type of care that patients need at end of life, and we include support for families and caregivers as an important part of that process.

For more information, visit hollandhospice.org or call us at 616.396.3972.
When was the last time you had your estate plan reviewed?

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Cari Marzolf, MA, CCC-A, Audiologist will be at Evergreen Commons on the 4th Monday of each month from 1 - 2:30 pm. She will be available for hearing screening and hearing aid clean and checks on all makes and models of hearing aids.

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COFFEE SHOP MENU
Mon.-Thurs. 8a-4p & Fri. 8a-2p

BREAKFAST SELECTIONS
Sausage & Spinach Mini Quiche
Ham, Egg and Cheese Croissant
Yogurt Parfait w/ Berry Compote & Housemade Granola

BEVERAGES
Coffee & Tea
Snapple
Pop
Boxed Water
Smoothie

FRESH BAKED GOODS
Assorted Muffins
Assorted Jumbo Muffins
Assorted Cookies
Turnovers
Dessert Bars

GRAB-N-GO
Chicken Salad Croissant
Turkey, Bacon & Swiss Sandwich
Blackened Chicken Caesar Salad
Bacon Spinach Salad

Other Offerings:
Fresh Fruit, Chicken or Tuna Salad, Soup,
Chips, Hummus & Pretzels

ICE CREAM & FROZEN YOGURT
Tahitian Vanilla Bean Ice Cream
Strawberry Cheesecake Frozen Yogurt
EVERYDAY SELECTIONS
Sandwiches -
Turkey, Ham, Chicken Salad, Tuna Salad, Egg Salad
Two Soups; Salad Bar; and Desserts

CHEF’S CORNER:
March is National Nutrition Month. The focus is on the importance of making informed food choices and developing sound eating and physical activity habits. For additional resources, sign up for the new monthly Nutrition Educations Series found on page 10.

-Chef Kent